

Journal of Nursing
Jocularity
Presents
**Humor Skills
for the Health
Professional**

©Wise
1995

You will learn...

- How to deal with difficult people
- The latest research on humor's contribution to physical health/wellness
- Techniques for utilizing humor in the health care setting
- How to use humor in dealing with change

Hyatt Regency /
at Union Station
St. Louis, MO
June 7-9, 1996

21.0 Contact Hours
of Continuing Education
For Nurses

**Special Pre-Conference Workshop
for Business and Health Professionals**

"Dealing With People You Can't Stand"

Program

Friday June 7, 1996

8:00-9:00 a.m. Pre-Conference Registration

9:00 a.m.-3:30 p.m.

Pre-Conference Workshop (Optional)

Dealing With People You Can't Stand: Rick Brinkman, ND and Rick Kirschner, ND – Everyone has people they can't stand. In an entertaining and lighthearted manner Dr.'s Brinkman and Kirschner will take you on a journey of understanding why people act the way they do and what to do about it. You will learn specific skills to deal with Whiners, No People, Yes People, Maybe People, Nothing People, Tanks, Snipers, Grenades, Know It Alls and Think They Know It Alls. The program is based on their best selling book: *Dealing With People You Can't Stand* published by McGraw Hill.



6:00-7:00 p.m. Main Conference Registration

7:00-7:15 p.m. Opening

7:15-7:45 p.m. Nurse Kindheart Gives Report:

a.k.a. Patty Wooten, BSN – Nurse Kindheart will present the "plan of care" for participants, indicating patient problems, therapeutic interventions, and expected outcomes. In this comical twist on a familiar format, speakers will be previewed, their topics introduced, and goals for the conference will be clarified.

7:45-9:15 p.m. The Laughter Remedy: Health, Healing and the Amuse System: Paul McGhee, PhD

– This entertaining program shows how humor gives you the resilience you need to remain effective on the job in the midst of a changing healthcare environment. It presents the latest research on how humor contributes to physical health/wellness and helps you cope with stress.

Saturday June 8, 1996

8:00-8:30 a.m. Registration

8:30-10:00 a.m. Fools, Clowns and Jesters - Healers of the Spirit: Patty Wooten, BSN – Throughout history, the archetypal fool has participated in healing rituals as seen in Native American, South Pacific and Medieval societies. Their roles and techniques will be compared to the continued evolution of modern day humor programs in health care settings.

10:30 a.m.-12:00 p.m. Concurrent Sessions

How to Develop Your Sense of Humor (Part 1): Paul McGhee, PhD – This hands-on session presents Dr. McGhee's 8-Step Humor Development Training Program for learning to use humor to cope with stress. You will learn to strengthen the basic foundation skills to use humor as a coping tool. C-1

Choosing the Amusing: Practical Applications of Therapeutic Humor: Patty Wooten, BSN – Laughter can be therapeutic. This session will explore practical ideas for creating a humor program to use in the clinical setting. Guidelines for approaching administration, creating policies, fund raising, and selection of materials will be shared. C-2

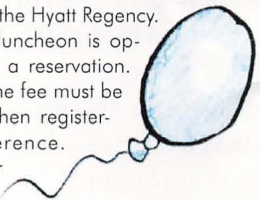
Laughter Matters: Donna Strickland, MS, RN, CS – This program creates a "learning environment" that models the exploration of openness, support, honesty, risk taking and trust through play. Participate in fun, innovative activities and metaphors that directly relate to workplace challenges like team building and managing change. C-3

Magic and Mirth: Putting Magic into Your Life: Jep Hostetler, PhD – Magic and mirth are combined to elicit positive humor experiences for patients, young and old, rich or poor, and from all cultures. This hands-on workshop will teach you the bedside "tricks of the trade." C-4

12:00-1:45 p.m. Networking Luncheon (Optional) This is an opportunity for participants to meet and talk with other conference attendees who share similar humor interests. This is not a prepared presentation. Packets of helpful information on the topic of your choice will be available at each table. Join your colleagues for a delicious lunch catered by the staff of the Hyatt Regency. Attendance at the luncheon is optional and requires a reservation. Space is limited. The fee must be paid in advance when registering for the conference. Please indicate your topic choice on the registration form.

1:45-3:15 p.m. Concurrent Sessions

How to Develop Your Sense of Humor (Part 2): Paul McGhee, PhD – This is a continuation of Dr. McGhee's 8-Step Humor Development Training Program for learning to use humor to cope with stress. C-5



It Hurts When I Laugh: Treat Yourself "Well" — "Fold and Hold" Dale Anderson, MD — Pain — if you can't "laugh it off" — FOLD and HOLD it! You can erase nagging muscle pains by using this simple, safe, pleasurable, fun manipulation technique. Combine biomechanical self-treatment with the natural healing power of the body. C-6

Use It or Lose It: Humor And the Treatment of Mental Illness: Mark Darby, RN — Laugh with psych patients? Naw, can't be done . . . or can it? This presentation will show that humor is so essential to successful mental health treatment that if you don't use it you will lose it. Guidelines and demonstrations will be provided. C-7

Make 'em Laugh and They'll Remember: Humor and Patient Education: Fran London, MS, RN — Stressed and overwhelmed patients remember more when learning is fun. This interactive session shows you how to teach with humor and games. You'll also be armed with supportive research so you can advocate for humor in patient and family education. C-8



3:45-5:15 p.m. Laugh It "Up" and Act Now: Dale Anderson, MD — Method actors have developed successful techniques to "trigger" a desired chemistry (feeling) for a stage role. These techniques are prescribed and dispensed to "set the stage" for health, wealth and happiness. Create, experience and identify the chemistry of being "turned ON!"

8:00-10:00 p.m. The Jocularly Show (Optional) Two hours of fun filled hilarity. This live performance features talent that is guaranteed to keep you laughing. You will enjoy the musical abilities of the Nursing Notes and Too Live Nurse. Tickets can be purchased in advance when registering for the conference. Please indicate on the registration form if you are purchasing more than one ticket.

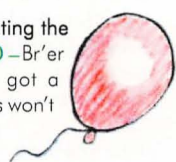
Sunday June 9, 1996

8:00-8:30 a.m. Registration

8:30-10:00 a.m. The Humor and Healing Circle: Donna Strickland, MS, RN, CNS — Focus will be on the "fluid spirit" definition of humor with an emphasis on the role of connection with others as healing. This powerful and unforgettable program will introduce the role of ritual, creating sacred circles, and caring.

10:30 a.m.-12:00 p.m. Concurrent Sessions
Humor Rx: Dispense with Care: Karyn Buxman, RN, MS — We have all heard that "humor is the best medicine." But even good medicine can be harmful if not taken as directed. Discover what needs to be considered before aimlessly administering humor and wit to patients. C-9

Ho Ho Ho-ing the Seeds: Cultivating the Comic Vision: Steve Sultanoff, PhD — Br'er Rabbit once said, "Everyone's got a laughin' place, trouble is most folks won't find the time to look for it." Come and learn to cultivate your "comic vision" by attending to the auditory, visual and kinesthetic humor around you. C-10



Laughing Through Tears - Humor as a Resource in Grief: Clifford Kuhn, MD — Health care givers in this time of massive change are challenged by professional, as well as personal, grief issues. This session will teach specific ways that healthy humor can be an appropriate resource in grieving. C-11

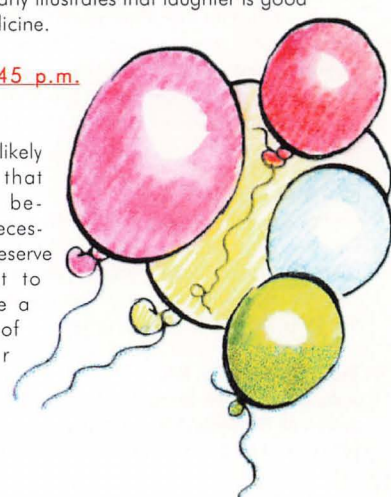
12:00-1:30 p.m. Lunch (On your own)

1:30-3:00 p.m. Try Humor . . . For a Change: Karyn Buxman, RN, MS — Whether your expertise is acute care, home health, education or private practice, there's one common element: change. While others struggle against the turbulent tides of change, discover how you can go with the flow more comfortably—with humor.

3:00-3:30 p.m. The Perils of Nancy Nurse: a.k.a. Patty Wooten, BSN — Bedecked with a bedpan, irrigation equipment and other gear for nursing combat, Nancy Nurse delights audiences with her comic antics and hilarious stories. Nancy's ability to turn burnout into laughter clearly illustrates that laughter is good medicine.

3:30-3:45 p.m. Closing

In the unlikely event that change becomes necessary, we reserve the right to substitute a speaker of similar quality.



Faculty

Rick Brinkman, ND & Rick Kirschner, ND

are holistic physicians who specialize in counseling. They discovered that the quality of life is directly proportional to the quality of your relationships. They have been teaching communication since 1980 and do over 100 programs a year in 8 countries. They are the authors of the best selling book *Dealing with People You Can't Stand* published by McGraw Hill. They have been featured on the CNN morning news and 170 radio programs around the country.

Dale Anderson, MD, FACS

spearheads the "ACT NOW" Project in Minnesota, where the dramatic arts think medically and the medical arts think dramatically. He is a physician, international speaker and author of three books including *ACT NOW*, which teaches acting techniques to improve health.

Karyn Buxman, RN, MS

is a leading national expert in therapeutic humor, VP and contributing editor of *JNJ*, producer of several video and audio tapes, co-editor of *Nursing Perspectives on Humor* and editor of the national newsletter for the American Association of Therapeutic Humor.

Mark Darby, RN, BS

has worked extensively in mental health and has developed a humor course for a residential treatment center. He is a contributing editor for the *Journal of Nursing Jocularly* and is president of Surprise, Inc. his own speaking and training firm.

Jep Hostetler, PhD

is an Associate Professor, Emeritus of Preventive Medicine. A world class magician, he served as International President of the International Brotherhood of Magicians, 1994-95. As an author, award-winning teacher, humorist and motivational presenter, Jep will inspire you to action.

Clifford Kuhn, MD

is a Professor of Psychiatry at the University of Louisville School of Medicine. Experience as a standup comedian has provided a unique perspective for his research into healthy humor techniques and interventions.

Fran London, MS, RN

is the Editor of the *Journal of Nursing Jocularly* and the Health Education Specialist for Phoenix Children's Hospital. Her current clinical specialty is teaching

patients with low literacy skills. She loves to inspire nurses to overcome challenges with creative solutions.

Paul McGhee, PhD

is internationally known for his own research on humor. He has published 11 books on humor, including *How to Develop Your Sense of Humor: An 8-Step Humor Development Training Program*. He now works full time as a professional speaker.

Donna Strickland, RN, MS, CNS

speaks nationally on humor, managing organizational transitions, team building and has a special interest in caring and healing. She produces audio and videocassette programs, authored numerous articles and the newsletter, *Mirth & Meaning, Humor and Healing in Transition and Change*.

Steve Sultanoff, PhD,

a psychologist and recovering serious person, fancies himself a mirthologist (someone who explores the emotional impact of humor). He has promoted humor through his presentations, articles, and cable television appearances, and is currently writing a book on humor and wellness.



Patty Wooten, BSN

has been active in the humor movement for over ten years. She is author of two books about humor and health, a featured columnist for the *Journal of Nursing Jocularly* and president of the American Association for Therapeutic Humor.

The Nursing Notes

(An All RN Barbershop Quartet) Have put the Sing in NurSING (literally). They delight audiences as they spread their message, "Health and Humor through Harmony." Lawrence E. Brennan, MS, RN (Baritone); Kerry Grant, MS, RN (Lead); Glen Gardner, MS, RN (Bass); Wayne Beach, RN (Tenor). The Nursing Notes will be performing in the Jocularly Show.

Too Live Nurse

Alias Bob Diskin, RN, BSN, BFA & Rick Glasner, RN have teamed up their musical talents to entertain and promote learning for health care professionals. Their program, *Rockin' to the Algo-Rhythms 2*, makes the all-too serious ACLS course easier to handle. *Ineffective Individual Coping* uses humor & music to help you cope with those sometimes not so fun aspects of health care with songs such as "The Bedpan Blues," "Pushin' the Papers" and "Puke." Too Live Nurse will be featured in the Jocularly Show.

Journal of Nursing *Jocularity*

This Humor Magazine for Nurses pokes fun at nurses, doctors, administrators, and all of the other stuff we deal with, all with a sense of humor tailored for nurses and health care professionals.

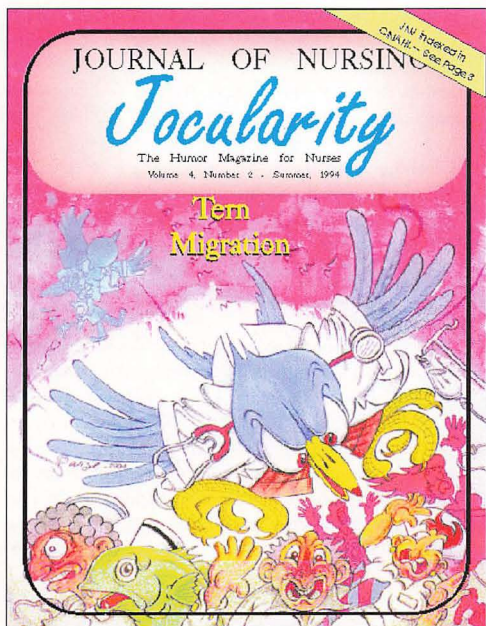
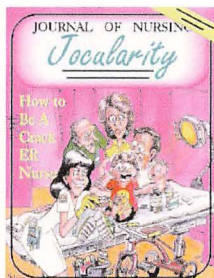
Unlike most of the nursing journals you see, the *Journal of Nursing Jocularity* is published, edited, written, and illustrated BY NURSES! We're not some huge conglomerate just trying to make a few bucks off the nurse population. WE'RE REAL NURSES that put together a humor magazine for our peers.

Why do we as nurses need a humor magazine? In this life and death

business of health care, we need a pressure release. If we don't have something to let off some steam-- we're headed for BURNOUT CITY.

What's in the *Journal of Nursing Jocularity*? Satire about all aspects of health care, true stories with a humorous twist, ad parodies, cartoons and just fun stuff. But that's not all. We also include research and articles about the use of humor as a therapeutic tool, for ourselves and our patients. It's all about putting fun back into nursing.

What are you waiting for? Start your Subscription Today!



☐ Yes I want the JNJ! Bill me \$14.95 for 4 issues (a one year subscription).



THIS IS A NO RISK OFFER! If you are not pleased with the *Journal of Nursing Jocularity* after receiving your first issue, write CANCEL on the bill, return it to us, and you owe nothing. You get to keep the magazine with no obligation!

Name: _____
Address: _____
City: _____
State: _____ Zip _____

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Send to:
Journal of Nursing Jocularity
5615 W. Cermak Road
Cicero, IL 60650-2290

Registration Information

Accreditation

The *Humor Skills for the Health Professional* conference is sponsored by the *Journal of Nursing Jocular-ity*. Provider approved by the Arizona Nurses' Association, ID Number 348-95, for 5.4 contact hours of continuing education in nursing for the pre-conference workshop and 15.6 contact hours of continuing education in nursing for the main conference. The Arizona Nurses' Association is accredited as an approver of continuing education in nursing by the American Nurses' Credentialing Center (ANCC) Commission on Accreditation. The *Journal of Nursing Jocular-ity* is also a Continuing Education Provider for the State of California, Provider No. CEP 10723.

Hotel Lodging

This year's *Humor Skills for the Health Professional* conference will be held at the Hyatt Regency St. Louis at Union Station. It is situated in the historic Union Station complex, once the world's largest and busiest railroad station. It is a national historic landmark of unsurpassed beauty and elegance. The complex contains the hotel, retail shops, restaurants, entertainment and a one-acre lake. It is connected by the MetroLink Lightrail to the Gateway Arch, Busch Stadium, Laclede Landing, and Lambert Field International Airport.

We have arranged special hotel rates of \$99 single / \$105 double / \$130 triples & quads / per night. The Hyatt Regency will hold a block of rooms for participants of the *Humor Skills* Conference until May 11, 1996. After that date, rooms will be on a space available basis. Rooms at the conference rate are limited so make your reservation early. You must mention the *Journal of Nursing Jocular-ity* to get our special rate. For reservations call 800-233-1234.

Parking

The Hyatt Regency will offer valet parking for *Humor Skills* attendees at a cost of \$18 per day. Self-parking is available across the street from the hotel. Overnight rate is \$9/day. Discounted flat rate for day-time parking is \$6/day.

Transportation: The Hyatt Regency is fifteen miles from Lambert Field International Airport. Airport Express Shuttle, an independent contractor, is available to take you directly to the hotel. The MetroLink Lightrail also runs to Union Station but not directly to the hotel. Shuttle Cost - \$15, Lightrail - \$1.

Travel

Lakeside Travel, Inc. in Mesa, AZ is the official travel agent for the *Humor Skills for the Health Professional Conference*. They can handle all your airline and rental

car needs. To contact, call: 800-462-2289. Be sure to tell them you are attending the *Humor Skills* conference.

Volunteer Scholarships

We need a limited number of people to assist at the conference. We are looking for "fun oriented folks" who want to exchange their time or talents for conference admission. Besides registration and usher duties, we need clowns, jugglers, face painters, and any other talents that will fit into our fun atmosphere. To apply, send a self-addressed, stamped envelope to JNJ-Volunteer Services, P.O. Box 40416, Mesa, AZ 85274. We will send you the complete application. Our Volunteer Scholarship includes attendance to the Pre-Conference Workshop, the *Humor Skills* Conference, the Networking Luncheon, the Jocular-ity Show and a Friday dinner buffet (\$285 value). There is a \$70 non-refundable processing fee if you are accepted. To be a volunteer, you MUST be able to attend the entire conference, including a meeting the evening of June 6. Requests for Volunteer Scholarship Applications must be received by February 28.

Humor Project Scholarship

The *Journal of Nursing Jocular-ity* will be giving a \$500 grant to a hospital, organization, or individual that is planning to implement some type of humor project in their hospital or organization. The scholarship will also include admission to the *Humor Skills for the Health Professional* conference. If you are interested in this scholarship please write to: JNJ Scholarship, P.O. Box 40416, Mesa, AZ 85274. Completed applications must be received by April 12, 1996.

Clothing

We recommend that you dress comfortably and casually and bring a jacket or sweater since meeting room temperatures are often unpredictable. Funny accessories (hats, buttons, noses, etc.) are welcome.

Cancellation:

All cancellations must be made to *Journal of Nursing Jocular-ity* and confirmed in writing. A \$20 non-refundable processing fee will be assessed on cancellations received prior to May 12. Refund requests received after May 12 are subject to a \$40 processing fee. No refunds will be made for cancellations received after June 3, 1996 or for no-shows. If the *Humor Skills* conference is canceled, you will receive a full refund.

This is a professional conference for continuing education. Out of respect to other conference attendees we request that babies and children not be brought into the conference sessions.

Conference Registration Form

Make check or money order payable in U.S. funds only to:

JNJ Humor Skills, P.O. Box 40129, Mesa, AZ 85274

Name _____ Title (RN, etc.) _____

Home Address* _____

City/State/Zip _____

Home Phone (_____) _____ Work Phone (_____) _____

Nursing License No., if applicable, (for CEU's) _____

	Regular Fee	Discount Fee*
Humor Skills Conference & _____ Pre-Conference Workshop (Fri.-Sun.)	\$ 264	\$ 234*
_____ Humor Skills Conference (Fri. eve.-Sun.)	\$ 199	\$ 179*
_____ Pre-Conference Workshop Only (Fri.)	\$ 90	\$ 80*
_____ Jocular Show (optional) (Sat. Eve.)	\$ 12	\$ 12
_____ Networking Luncheon (optional) (Sat.)	\$ 25	\$ 25
_____ Total Payment		

*Postmarked by April 13 or when 3 or more register and pay together.

Please contact us about special rates for groups of 10 or more.

Concurrent Sessions: Please **circle** the number of the concurrent sessions that you plan to attend (one per section). See the "Program" section of brochure for session choices.

Saturday Morning	C-1	C-2	C-3	C-4
Saturday Afternoon	C-5	C-6	C-7	C-8
Sunday Morning	C-9	C-10	C-11	

The Networking Luncheon will take place on Saturday, June 8. See the "Program" section of brochure for information about the luncheon. If you have checked the Networking Luncheon above, please select one topic of interest.

- | | | |
|--|--|--|
| <input type="checkbox"/> Humor Rooms | <input type="checkbox"/> Humor Carts | <input type="checkbox"/> Humor Baskets |
| <input type="checkbox"/> Bedside Magic | <input type="checkbox"/> Humor Bulletin Boards | <input type="checkbox"/> Humor & Nursing Instructors |
| <input type="checkbox"/> Humor Library | <input type="checkbox"/> Caring Clowns | <input type="checkbox"/> Humor & Hospice/ECF |

Please inform us of any special dietary needs _____

We have received a discounted flat rate for daytime parking. Will you be commuting to the conference each day and utilizing this discount parking? ☐ yes ☐ no

☐ I would like assistance finding a room mate. ☐ smoking ☐ non-smoking

☐ Sounds like Fun. Please send me _____ additional flyers for my colleagues and friends.

Registrations forms with payment should be received before May 27. After May 27 please contact us at 602-835-6165 to insure availability.

*We ask for a home address to insure you receive your confirmation letter.



Best CEU's I've ever earned. – Norma Emrick, RN

This is a conference that every nurse should attend! I had no idea what this was all about when I registered, I just knew that there wasn't very much humor at my work place lately. What an uplift. – Kathy Schmidt, BSN, CRNFA

Material is very poignant and important in health care. As health care goes through many changes, it is refreshing to have some different ways to deal with an often depressing situation. Laughter is the healer of many wounds, and is a welcome addition to health care. – Ray Yeatts, RN

I now have the tools to go back to work and boost morale and help my patients to "cope" and "hope" through humor. I, too, have a more positive outlook. – Michelle Santillo, RN, CNOR

I came to get "easy" CEU's not related to nursing - boy was I wrong! I had so much fun...and this is most definitely nursing related. I have been informed, educated, challenged and motivated. – Joann Tilney-Hughes, RNC

I came here with a 4 day sitting on my hands. I have never been to. This year I came alone, next year I'll be sure to bring several people with me. Before coming to this conference I was looking for a way to get out of nursing, but now I'm looking at a way to get back into it. – Deborah Di Fulvio, RN

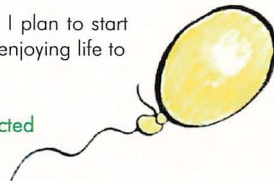
The best conference I have ever attended. The only one I have stayed for till the end. – Peggy Schemm, BSN, CEN

This was a wonderful weekend. Thanks for all the sharing of great ideas and concepts. This is really what health reform should consider! – Barbara Raymond, RN

It was great, wonderful, enriching, and I want to be a nurse again. – Marj Salmonsens, RN

I have never enjoyed any conference this much. I plan to start today, implementing the tools you've given me for enjoying life to its fullest. – Vickie Pedzwater, RN, CNOR

This conference was both nothing I'd ever expected and everything I'd hoped for. – Denise Klein, RN



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Mesa, AZ 85274
(602) 835-6165

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<http://www.jocularity.com>

Please Post At Work!